



ONLINE 2019

Name: _____

WOD 2

18 mins on the clock (no rest between parts) for:

PART A – 2km Row time: _____

PART A - For Time

2km row

**** Record Finish Time on Rower ****

PART B – AMRAP in remaining time

10 Snatches

28 Pull Ups

10 Snatches

21 Chest to Bar

10 Snatches

15 Bar Muscle Ups

10 Snatches

9 Ring Muscle Ups

Max_ssnatch reps in remaining time

RX – 50/35kg

Masters/Intermediate – 40/30kg,

28/21 Pull Ups

15/9 Chest to Bar

Scaled – 30/25kg

28/21 Ring rows

15/9 Jumping Pull Ups

<u>PART B</u>	Reps Completed	Total
Snatch	1 2 3 4 5 6 7 8 9 10	10
RX - Pull Up Mas/Int – Pull Up Scaled – Ring Row	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	38
Snatch	1 2 3 4 5 6 7 8 9 10	48
RX – C2B Mas/Int – Pull Up Scaled – Ring Row	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21	69
Snatch	1 2 3 4 5 6 7 8 9 10	79
RX – Bar MU Mas/Int – C2B Scaled – Jump PU	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	94
Snatch	1 2 3 4 5 6 7 8 9 10	104
RX – Ring MU Mas/Int – C2B Scaled – Jump PU	1 2 3 4 5 6 7 8 9	113
Max Rep Snatches		

**** CIRCLE FINAL REP ****

Reps Completed: _____

WOD 2A – Row Time

WOD 2B – Reps

Judge Signature: _____

Athlete Signature: _____